

## Freshburst Entry Form

Please return along with check to Freshburst Run  
@ Freshburst Run c/o PARDA, 400 W. Lincoln Ave.,  
Lititz, PA 17543

Optional Online Registration available at:

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

(Nominal service fee applies, closes at midnight on June 26, 2019)

First \_\_\_\_\_

Last \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Event: 5 Mile Run \_\_\_\_\_ 5K Walk \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age as of June 29, 2019 \_\_\_\_\_

Division: Male \_\_\_\_\_ Female \_\_\_\_\_

T-Shirt Size:  Yes \$30  No \$25

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

### Mandatory Release Form

I know that running and road racing are potentially hazardous activities. I will not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the course. I assume all risk associated with running/walking, but not limited to falling, contact with other participants, the effect of the weather, including high heat and humidity, traffic, and other conditions of the course all such being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I, for myself and everyone entitled to act on my behalf, waive J&J Group of Consumer Companies and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may be out of negligence or carelessness on the part of the person signing this waiver. I grant permission to all of the foregoing to use my photograph, pictures, recordings or any other record of this event for any purpose.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian signature under 18 yrs \_\_\_\_\_ Date \_\_\_\_\_

### Directions

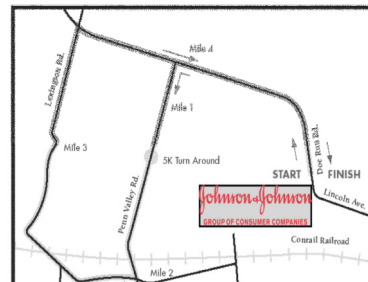
From North (Lebanon): Take 501 South, turn right on West Lincoln Avenue. J&J is approximately ¼ mile on the left.

From West (Harrisburg): Take 283 East to Manheim exit 772. At the end of the exit turn left onto 772 East. Continue to follow 772 for 10 miles. J&J will be on the right.

From South (Lancaster): Take 501 North. Proceed north approximately 7 miles from Route 30 interchange. One block past the intersection of 501 and 772 make a left at the traffic light onto West Lincoln Avenue. J&J is ¼ mile on the left.

From East (Reading): Take 222 South to Brownstown exit. Turn right at the exit onto route 772 West. Stay on route 772 West to the center of Lititz. Turn right onto 501 North. Turn left at the next light (one block) onto West Lincoln Avenue. J&J is approximately ¼ mile on the left.

Course Map



## 24<sup>th</sup> Annual FRESHBURST 5 Mile Run/5K Walk



Saturday,  
June 29, 2019

8:00 AM

Proudly sponsored by:

**Johnson & Johnson**  
CONSUMER INC.



### Race Information

Race/Walk begins at Johnson & Johnson Plant, located 7 miles North of Lancaster off Route 501.

### Prize Money

Awarded to the top 3 overall runners in the categories listed below:

Male/Female | Masters (45+)

1 <sup>st</sup>	\$200	\$75
2 <sup>nd</sup>	\$100	\$50
3 <sup>rd</sup>	\$75	\$25

### Awards 5 Mile Run

Age Division awards given to the top 3 males and females in each age group listed.

18 & Under	30-39	50-59
19-29	40-49	60-69
	70 plus	

**\*\*No Duplicate Awards\*\***

**5K Walk-** Awards will be given to the top 3 males and females. First place award is \$25.

**Raffle Prizes** from local businesses will be awarded after the race.

For the past 23 years, Johnson & Johnson has proudly hosted and sponsored the Freshburst 5K Walk/5M Run, raising thousands for select charities with each given year. For the 24<sup>th</sup> Annual Freshburst race, we are proud that the charity benefiting from all of our efforts is the Ronald McDonald House® in Hershey.



**Ronald McDonald House Charities®**  
of Central Pennsylvania

Keeping families close™

Our mission is:  
To serve children and their families by providing compassionate and accessible support through programs and healthcare partnerships.

The Freshburst committee looks forward to another stellar race, benefiting an amazing local charity.

### Registration

Online registration deadline on [www.pretzelcitysports.com](http://www.pretzelcitysports.com) closes June 26, 2019 at midnight.

Mail-in pre-registration form should be postmarked by June 21, 2019.

Packets are available for pick-up Friday, June 28, 2019 from 4:00 pm until 6:00 pm and beginning at 6:30 am on race day.

### Fees

T-shirt Option \$30.00 Pre-entry if postmarked by June 12, 2019. \*Shirts not available after June 12. No t-shirt Option \$25.00 Pre-entry if postmarked by June 21, 2019. All entries after June 21 (including race day) \$30.00 post-entry. All entrants receive a goodie bag.

### Post Entries

Opens at 7:00 am and closes at 7:40 am on race day.

*For more information on the Freshburst Run/Walk go to:*

[www.pretzelcitysports.com](http://www.pretzelcitysports.com)

or email:

[cwhite2@its.jnj.com](mailto:cwhite2@its.jnj.com)

(717) 627-9415

### Refreshment & Food

Provided after the race from various vendors in Lancaster County, PA.

***Proceeds from the race benefit a local charitable organization.***